

Spinach Salad¹⁰

Number of Servings: 10 (93.25 g per serving)

Amount	Measure	Ingredient
10.00	cup	Spinach, fresh, chpd
2 1/2	cup	Mandarin Oranges, cnd, w/juice, drnd
2/3	cup	Salad Dressing, honey mustard, rducd cal

Nutrients per serving

Nutrition Facts

Serving Size (93g)
Servings Per Container

Amount Per Serving

Calories 60 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 10g **3%**

Dietary Fiber 1g **4%**

Sugars 7g

Protein 1g

Vitamin A 70% • Vitamin C 40%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Arrange 1/4 c drained Mandarin orange on 1 c. fresh chopped spinach for each salad.

Serve with 1 T. Reduced calorie Honey Mustard Salad dressing.

Each salad = 1/2 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.